



Polenta Pie with Sausage: Patissada di Polenta

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



419 kcal

Ingredients

- ☐ 2 tablespoons plus butter unsalted
- ☐ 1 carrots finely chopped
- ☐ 1 rib celery finely chopped
- ☐ 1 pound chicken gizzards
- ☐ 2 ounces mushrooms dried dry chopped
- ☐ 1 onion finely chopped
- ☐ 1 cup young parmigiano-reggiano grated
- ☐ 1 cup polenta

- ☐ 0.5 pound pork sausage
- ☐ 2 tablespoons salt to taste
- ☐ 6 servings salt and pepper
- ☐ 3 tomatoes ripe seeded chopped
- ☐ 4 cups water
- ☐ 0.5 cup stracchino cut into cubes
- ☐ 0.5 cup stracchino cut into cubes

Equipment

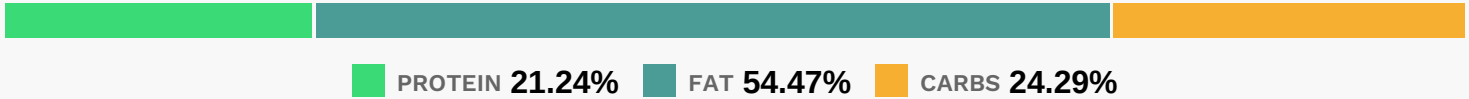
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 500 degrees F.
- ☐ In a 12 to 14-inch saute pan, heat 2 tablespoons butter over medium-high heat and add the onion, carrot, celery and salt and pepper, to taste, and cook until softened and golden brown.
- ☐ Add the sausage and chicken, and cook until browned. Stir in the tomatoes and cook until they have broken down and released their juices.
- ☐ In a separate bowl, combine the mushrooms and cheese.
- ☐ Prepare the soft polenta according to the recipe and pour 1/3 into a buttered casserole.
- ☐ Place a few dots of butter from the remaining 2 tablespoons on top of the polenta, then top it with 1/3 of the meat and tomato mixture, then with 1/3 of the cheese and mushroom mixture. Repeat until all the ingredients are used up. The top layer should be cheese and mushrooms. Cook in the oven for 15 minutes and serve.
- ☐ In a 3-quart saucepan, heat water and salt until boiling.

- ☐ Drizzle in polenta in a thin stream, whisking constantly, until all polenta is incorporated and mixture begins to thicken. Switch to a wooden spoon, pull off heat and continue to stir until thick as paste.
- ☐ Stir in the cheese and continue to stir until it is melted and incorporated.

Nutrition Facts



Properties

Glycemic Index:49.89, Glycemic Load:13.1, Inflammation Score:-9, Nutrition Score:16.260869627414%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 419.07kcal (20.95%), Fat: 25.35g (39%), Saturated Fat: 10.33g (64.58%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 21.42g (7.79%), Sugar: 3.7g (4.11%), Cholesterol: 75.8mg (25.27%), Sodium: 3078.16mg (133.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.47%), Vitamin A: 2566.98IU (51.34%), Phosphorus: 314.15mg (31.41%), Vitamin B3: 5.8mg (28.98%), Vitamin B6: 0.51mg (25.72%), Calcium: 230.4mg (23.04%), Zinc: 2.82mg (18.8%), Vitamin B1: 0.26mg (17.26%), Selenium: 11.63µg (16.61%), Fiber: 4.03g (16.11%), Manganese: 0.31mg (15.41%), Magnesium: 61.38mg (15.34%), Potassium: 517.07mg (14.77%), Vitamin C: 11.63mg (14.1%), Vitamin B2: 0.24mg (13.86%), Iron: 1.99mg (11.07%), Copper: 0.22mg (11.01%), Vitamin B5: 1.09mg (10.85%), Vitamin B12: 0.65µg (10.76%), Vitamin K: 9.59µg (9.13%), Folate: 31.52µg (7.88%), Vitamin E: 0.85mg (5.64%), Vitamin D: 0.74µg (4.91%)